



# THE LEADER

Vol. 38, No. 1

Grand Forks Air Force Base, N.D. ♦ [www.grandforks.af.mil](http://www.grandforks.af.mil)

Jan. 10, 2003



## Looking ahead in 2003

From keeping those resolutions to deployment news, Warriors of the North can look forward to another action-packed year

- See Pages 12 and 13 for more

319th Air Refueling Wing ♦ Warriors of the North

### Inside:

#### Weekend weather

Today	10/0	partly cloudy
Saturday	10/4	mostly cloudy
Sunday	8/-5	mostly cloudy
Monday	12/-2	mostly cloudy



Weather information courtesy  
319th Operations Support Squadron weather flight



Goodies  
for  
deployed  
troops

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Warriors  
get  
new  
stripes

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**Special Olympics**  
Base member selected for  
task force

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Photos by Staff Sgt. Scott T. Sturkol

Mary Bucher, enlisted spouses club president, and Mary Magoon and Carol Zeyen, ESC members, pack decorated lunch bags with candies in the base Red Cross office Dec. 21. The ESC effort was a part of Operation Goodie Drive which delivered more than 560 candy bags to two different deployed locations. Bag packers included Cappy Younker, Debbie Kinlin, Felicia Kinlin, Joe Chine, Amy Denny, Dallas Denny, Daytona Denny, Jeanne Kummert, Mary Magoon, Carol Zeyen, Bobbi Sturkol, Mary Bucher, and Pat Seaman.

# Operation Goodie Drive

## Holiday effort sends troops greetings from home



Bobbi Sturkol, enlisted spouses club vice president, opens a decorated bag to fill with candy.

### Drive helpers

► **Roy Hunnewell**, commissary officer, helped with store vendors to provide donated candy.

► **Pat Fields**, base Army and Exchange Service general manager, provided the enlisted spouses club with a \$100 gift certificate and 42 boxes of microwave popcorn.

► The **base chapel** staff assisted with donations in the chapel's drop-box.

► The base **Top Three** donated \$25 worth of candy.

► The base **Company Grade Officers Association** donated three shopping bags full of candy.

► **Children from Eielson and Twining Schools** decorated bags for the drive; official number was 560.

► **Cappy Younker** and other members of the officers spouses club gathered bags of candy and helped pack bags.

► **Family support center** staff donated six cases of hard candy.



Joe Chine, officer spouses club member, packs one of the 560 bags put together.



Felicia Kinlin and her mother Debbie, an officer's spouses club member, help pack bags in the Red Cross office.



## Action Line

### 747-4522

*The Action Line is your avenue for information about events and activities on and around the base.*

*For questions about current events or rumors, please leave a message.*

**6**

DWI-free days.  
The base gets a down day for 100  
DWI-free days.



**Col. Keye Sabol**  
319th Air Refueling  
Wing commander

### Editorial staff

Col. Keye Sabol	Wing commander
Capt. Patricia Lang	Chief, public affairs
Staff Sgt. Scott Sturkol	Chief, internal information
Senior Airman Monte Volk	Managing editor
Staff Sgt. Randy Roughton	Staff writer

### Editorial policy

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Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the

purchaser, user, or patron.

### ◆Deadlines

Articles: Due by noon Thursday the week prior to publication. For any questions about submissions, call The Leader staff at 747-5019.

### ◆Contact information

**E-mail:** leader@grandforks.af.mil, **Phone:** 701.747.5023

### ◆Public Affairs

Editorial content is edited, prepared, and provided by the 319th ARW public affairs office. Copy submitted for publication is edited to conform to the Associated Press Stylebook and for length.

### ◆Advertisements

Call the Grand Forks Herald at 701.780.1275 before noon Tuesday.



### New majors

Congratulations to the following captains recently selected for promotion to major.

- ▶ **Joseph B. Dunn** and **David C. Pratt**, 906th Air Refueling Squadron
- ▶ **William A. Foster**, 319th Air Refueling Wing
- ▶ **Michael L. Matthews**, 911th ARS
- ▶ **Robert J. Maxwell**, 319th Maintenance Squadron
- ▶ **Michael E. Shipman**, 319th Medical Operations Squadron
- ▶ **Jonathon D. Tamblyn**, 319th Operations Group
- ▶ **Artemis Thomas**, 319th Logistics Readiness Squadron
- ▶ **(Dr.) Teresa D. Nesselroad**, 319th Medical Operations Squadron

# Three warriors STEP into new stripes



**Brent A. Decent**, 319th Aircraft Maintenance Squadron, was promoted to master sergeant through the Stripes for Exceptional Performers Program Dec. 31 from Col. Keye Sabol, 319th Air Refueling Wing commander.



**Juan C. Madrid**, 319th Maintenance Squadron, received a STEP promotion Dec. 31 to technical sergeant.



**Patrick J. Holtzmann**, 319th Security Forces Squadron, received a STEP promotion Dec. 31 to technical sergeant.

### AMC winners

Congratulations to **Master Sgt. Marie T. Brunswick**, 319th Mission Support Squadron, on her selection as the Air Mobility Command Mission Support Personnel Superintendent of the Year for 2001. Also congratulations to **Airman 1st Class Larry A. Plowman Jr.**, 319th MSS,

on his selection as the AMC Personnel Specialist of the Year for 2001. These winners now move on to Air Force-level competition.

### 2003 AMC Phoenix Hawk selectees

Air Mobility Command headquarters

recently announced selectees for the command's 2003 Phoenix Hawk Program. Congratulations to the following base selectees.

- ▶ **Capt. Martin Daack Jr.**, 906th Air Refueling Squadron
- ▶ **Capt. Robert A. Shelton**, 319th Operations Group



# Iraq must disarm; North Korea must honor agreements, Bush says

By Linda D. Kozaryn  
American Forces Press Service

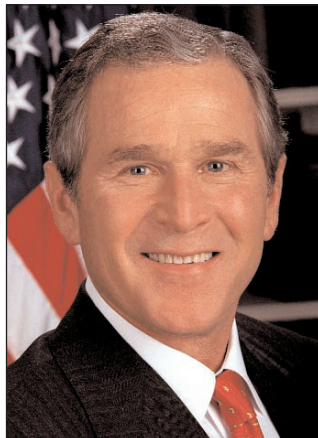
WASHINGTON — Saddam Hussein is obligated to disarm for the sake of peace, and U.S. officials expect North Korea to honor its agreements, President Bush said Monday.

Bush commented on Iraq, North Korea, the U.S. economy and other matters following a White House Cabinet meeting.

The president said Iraq's Hussein is a threat to the United States, its friends and to his neighbors in the Middle East.

Hussein's claim that U.N. weapons inspectors are carrying out intelligence work, combined with his "clearly deficient" declaration on Iraq's weapons of mass destruction program, Bush noted, is "discouraging news for those of us who want to resolve this issue peacefully."

"The world has said to Saddam, you won't have any



President  
George W. Bush

weapons of mass destruction; get rid of them," the president said. "Thus far, it looks like he hasn't complied." Bush called on Hussein to "listen to what the world is saying. Not just the United States, but the entire world, expects Saddam Hussein to disarm."

Turning to the threat of North Korea's weapons of mass destruction program, Bush said the United States has no intention of invading North Korea.

"We expect North Korea to adhere to her obligations," he said. "She's in an agreement with the United States. She said that she would not develop nuclear weapons, and we expect people to keep their word."

U.S. officials expect people to honor their obligations and for North Korean leader Kim Jong Il to be a "credible member of the world community," Bush said.

"I believe this will be resolved peacefully, and I believe it can be resolved diplomatically," he concluded.

## U.S. increasing troops in Gulf; war still not inevitable

By Kathleen T. Rhem  
American Forces Press Service

WASHINGTON — The U.S. military is building up forces in the Persian Gulf, but that's not a sign war with Iraq is inevitable, Department of Defense Secretary Donald Rumsfeld said Tuesday.

Rumsfeld and Joint Chiefs Chairman Air Force Gen. Richard Myers refused to discuss specific numbers of troops in or headed to the region.

Longstanding military policy prohibits such releases.

Both men told reporters at a Pentagon briefing that the forces are being moved to the Gulf to give the president as many options as possible in dealing with Iraqi dictator Saddam Hussein.

"We want to ensure that we are prepared to provide the president as much flexibility as possible," Myers said.

Still, Rumsfeld added, none of this means war can't be averted.

He noted that President Bush "is determined to see what takes place" regarding Iraq. Recent international attention on the country has already led to some positive signs, he added.

"Because of the emphasis that



Photo by Helene C. Stikkel

**Secretary of Defense Donald H. Rumsfeld shakes hands with troops following a town hall meeting at As Sayliyah Military Camp, Qatar, on Dec. 12. Rumsfeld was in Qatar to meet with U.S. personnel at the Central Command forward headquarters and its supporting units.**

(President Bush, Congress and the United Nations) have put on this problem, we are seeing that Iraq is allowing inspectors in and behaving in a manner that's somewhat different from that which it's been behaving in over the preceding years," Rumsfeld said.

The secretary said the United States has received offers of support from many other nations. "Countries across the globe have been coming forward and discussing with us ways that they

can be helpful," he said.

These offers have included military assistance both during and after a possible conflict, and civilian aid in rebuilding Iraq.

Rumsfeld once again suggested Saddam Hussein could avoid military action by simply leaving Iraq.

"The first choice would be that Saddam Hussein pick up and leave the country tonight," he said. "That would be nice for everybody."

## Rumsfeld: No need for draft; 'disadvantages notable'

By Kathleen T. Rhem  
American Forces Press Service

WASHINGTON — The United States is not going to implement a military draft, because there is no need for it, Defense Secretary Donald Rumsfeld said Wednesday.

Rep. Charles Rangel said last week he was planning to introduce such legislation in the New Year. Rep. John Conyers Jr. has since expressed support.

"I believe that if those calling for war knew their children were more likely to be required to serve — and to be placed in harm's way — there would be more caution and a greater willingness to work with the international community in dealing with Iraq," Rangel wrote in a recent commentary in the New York Times.

Rumsfeld dismissed the notion out of hand during a Pentagon press briefing. "I don't know of anyone in this building or in the administration who thinks that anyone ought to go to war lightly," he said. "I know the president doesn't, and I know I don't."

The country doesn't need a draft because the all-volunteer force works — in fact, the United States has the most effective military in the world precisely because it is all-volunteer, Joint Chiefs Chairman Air Force Gen. Richard B. Myers said.

"(The all-volunteer force is) efficient; it's effective; it's given the United States of America, the citizens of this great country, a military that is second to none," Myers said.

"The people in the armed services today ... are there because they want to be there and are ready and willing and, without any question, capable of doing whatever the president may ask," Rumsfeld added.

The secretary described "notable disadvantages" to having a conscripted force. He said people are involuntarily forced to serve, some for less than they could earn on the outside. There are many exemptions, which change all the time, thus providing for unfair situations. Troops are "churned" through training, serve the minimum amount of time and leave — thus causing more money to be spent to churn more draftees through the system.

He also dismissed the notion that the all-volunteer force leads to a disproportionate number of blacks and other minorities being killed in battle.

"I do not know that that's historically correct," Rumsfeld said. "And I do not know that, even if it were historically correct, that it's correct today."

He and Myers kept coming back to their bottom line: America is better off for the force it has today.

"We have people serving today — God bless 'em -- because they volunteered," Rumsfeld said. "They want to be doing what it is they're doing. And we're just lucky as a country that there are so many wonderfully talented young men and young women who each year step up and say, 'I'm ready; let me do that.'"

# FTC booklet details help for victims of identity theft

By **Gerry J. Gilmore**  
American Forces Press Service

**WASHINGTON** — A Federal Trade Commission booklet offers guidance for people who've fallen victim to a fast-growing crime: identity theft.

Department of Defense officials believe it's possible some TRICARE beneficiaries could be subject to identity thievery due to the Dec. 14 theft of office computers in Phoenix, Arizona from military health care contractor TriWest Healthcare Alliance.

The FTC publication: "ID Theft: When Bad Things Happen to Your Good Name," points out to consumers that skilled identity thieves have proven adept over the last several years in using a variety of methods — low- and high-tech — to gain access to personal data like social security numbers and credit card account information.

Identity thieves use such information to open up new credit accounts, running up thousands of dollars of illicit bills, including bank and automobile loans, which are charged to

the victim.

The FTC publication, which can be accessed online at [www.consumer.gov/idtheft](http://www.consumer.gov/idtheft), noted the incidence of identify theft has been increasing across the United States since the early 1990s.

In fact, Congress enacted the Identity Theft and Assumption Deterrence Act of 1998 to combat the problem, the booklet explained.

In recent years many states have passed laws addressing identity theft, the booklet noted, while other states are considering such laws.

William Winkenwerder Jr., the assistant secretary of defense for health affairs, noted in a recent letter that more than 500,000 clients served by TriWest will receive letters advising them of the December theft and offering detailed information on what they can do to safeguard against iden-

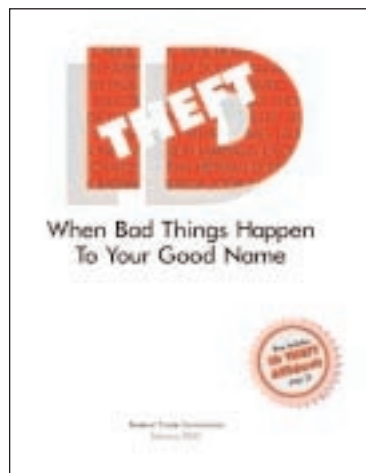
tity theft or fraud.

The Phoenix incident is a serious matter, emphasized Winkenwerder, noting that "personal information and records security are prime concerns" for the military's health care system.

The TRICARE Management Actiity noted Dec. 23 that DOD has been working with TriWest to ensure uninterrupted service for beneficiaries.

TriWest covers TRICARE beneficiaries living in Colorado, Idaho, Iowa, Kansas, Minnesota, Missouri, Montana, Nebraska, North Dakota, South Dakota, Utah, Wyoming, Arizona, New Mexico, Nevada, and extreme western Texas, according to the TMA release.

Affected beneficiaries can also call 1-800-343-TIPS for more information about the Department of Defense's role in the country's homeland security.



## Assistant SECDEF explains steps taken in TriWest theft

By **Dr. William Winkenwerder, Jr.**  
Assistant Secretary of Defense on health affairs

The Military Health System experienced a most unfortunate incident that involves a number of our service members, retirees and their families.

On Dec. 14, the corporate offices of TriWest Healthcare Alliance in Phoenix, Ariz., were broken into and both computer equipment and files were stolen. The information stolen included our beneficiaries' names, addresses, social security numbers, and some claims information with diagnoses.

Since learning of the incident on December 20th, we have taken a number of actions to assess the situation and to help our beneficiaries.

TriWest has begun notifying all beneficiaries whose personal information has been potentially compromised.

More than 500,000 TRICARE beneficiaries have received letters advising them of the theft and offering detailed information on what they can do to safeguard against identity theft or fraud. These letters went in the mail starting Dec. 27.

TriWest has established an email address, [computertheft@triwest.com](mailto:computertheft@triwest.com), that will offer an immediate response with detailed information to assist beneficiaries; they also set up a toll-free telephone number, 1-888-339-9378, that beneficiaries may use to gain information.

We have provided information, and will continue to provide regular updates to base commanders, military treatment facility commanders and service leadership.

We sent a healthcare information technology team to TriWest to review their security procedures and to make suggestions for improvements.

Additionally, TriWest has enhanced their physical security controls.

We advised our other TRICARE contractors to immediately review their security measures and take appropriate actions to ensure protection of our beneficiaries' information.

This incident is a serious matter; personal information and records security are prime concerns for the Military Health System.

We regret any inconvenience this theft might cause our service members, their families, retirees and their families.

A criminal investigation is underway involving the Defense Criminal Investigative Service, FBI and other law enforcement agencies.

**Anyone having any knowledge of this incident is urged to cooperate with authorities. The Department of Defense Hot Line number is: 1-800-424-9098.**

## Credit bureau fraud reporting information

### Equifax

#### Address

P.O. Box 740241  
Atlanta, GA  
30374-0241

#### Ordering a credit report

1-800-685-1111

#### Fraud reporting line

1-800-525-6285

### Experian

#### Address

P.O. Box 2104  
Allen, TX  
75013

#### Ordering a credit report

1-888-EXPERIAN  
(397-3742)

#### Fraud reporting line

1-888-EXPERIAN

### TransUnion

#### Address

760 Sproul Road  
P.O. Box 390  
Springfield, PA 19064-0390

#### Ordering a credit report

1-800-916-8800

#### Fraud reporting line

1-800-680-7289



## Briefs

### Klaxon, alert route lights

Alert route lights are a safety device to warn the base populace that an alert is in progress. All personnel (military, family members, civilians including government workers and contractors) must pull over to the side of the road to allow alert personnel to respond to their aircraft.

All personnel must stay to the side of the road until alert route lights are turned off. All response vehicles have flashing amber dome lights, and non-alert personnel will give right of way to these emergency response vehicles (police, fire, ambulance, etc.).

Alert routes (lights) are located on Steen Blvd; 6th and 7th Avenues; G, H, J, Eielson, and Holzapple Streets. Alert route lights are tested early each morning.

Klaxons are audio alerting devices for alert personnel only. Klaxons are located in the Airey dining facility, clinic, and base gym.

If non-alert personnel are in these areas when the klaxon sounds, they will stand aside to allow alert personnel freedom to respond.

Klaxons are tested at 10 a.m. every Wednesday morning. The base will use these alerting devices during exercises throughout the upcoming months.

Call Maj. Don Kinlin at 747-6715 for details.

### Firing range

The 319th Security Forces Squadron warns that the firing range located at the north end of the base is off limits to all personnel without an appointment or valid reason. All personnel must report to their administrative building — Building 652 — prior to accessing the range.

Live weapons firing is conducted on a daily basis at the range and presents an extreme hazard to unannounced visitors. Anyone who requires access to the range should contact Tech. Sgt. Michael Childs or Mater Sgt. Pete Bair at 747-4189 or 747-3889.

### Government phone cards for official travel

The 319th Communications Squadron has phone cards for official travelers to use while on temporary duty. The cards are primarily for those individuals TDY to a location where no DSN line is available.

The base cannot accept collect calls except in verified emergencies. Call Roger Hegland at 747-5318 for details.

### Summary court officer

In accordance with Air Force Instruction 34-244, anyone who has a claim for or against the estate of 2nd Lt. Holly Adams should call Capt. Frank Virgadamo, summary court officer for her case, by Feb. 1 at 747-6216.

### Tax representatives needed

Want to be trained on a special skill? Want to build your enlisted performance report or officer performance report or awards package? Want to help your fellow military members and their families?

Volunteer to be a volunteer income tax representative and learn about filing taxes from Internal Revenue Service employees. Military or family members over age 18 are encouraged to participate. Call 747-3606 for details.

### Procedures for DRMO disposal

Due to recent departure of locally-assigned Defense Reutilization and Marketing Office personnel, the following procedures are being implemented to assist base organizations with disposal of government-owned property previously processed through DRMO channels.

Turn-ins of assets will not be processed until the following procedures have been observed.

No assets will be delivered directly to the 319th Logistics Readiness Squadron cargo movement section.

- Organizations with serviceable assets of possible use to other base organizations will advertise availability of such items so others may acquire them at no cost. Electronic mail channels or a notice posted on the base intranet administrative net may be used.

- When attempts to redistribute assets on-base have been exhausted, call Garland Ceroky at 747-3933 or 747-5787, or Tech. Sgt. Russell Carr at 747-3940 or 747-5787, between 8 a.m. and 4 p.m., Tuesdays through Fridays to schedule on-site assistance visits to determine proper disposal method.

Assistance will include help with asset identification, determination of serviceability, and storage space for holding of assets until DRMS disposition.

- Transportation of assets identified for turn-in and transfer action via the DRMS system will be the responsibility of the owning organizations.

### Marketplace of Ideas

Volunteers and participants are needed for Grand Forks' free annual Marketplace of Ideas forum Thursday at the Alerus Center. Base people who would like to have a complimentary booth to showcase enterprising business ideas are welcome. The event also will have a stage to showcase talent. Base people are also invited to be a part of this showcase.

For 14 years, Marketplace of Ideas has been at the front of North Dakota's economic development effort, cultivating the best that the state has to offer: its people, their energy and their ideas to make people's lives and communities better. Visit <http://www.marketplace-ofideas.org> or call Marilyn Kipp at 1-888-384-8410 for details.

### AFCOMAP chapter

Base leadership is considering forming an Air Force Cadet Officer Mentor Action Program, or AFCOMAP, chapter here and would like to assess interest. AFCOMAP is a mentoring organization for all officer ranks down to cadets.

Air Mobility Command commander, Gen. John Handy supports this organization. Information can be found at [www.afcomap.hq.af.mil](http://www.afcomap.hq.af.mil). Call Capt. Patricia Lang at 747-5608 for details.

### OPSEC awareness

Do not discuss over any unclassified network the following operations security, or OPCSEC, mission-critical information items:

- Specific mission nature and objectives
- Chairman Joint Chiefs of Staff alert/warning orders, date/time of execution, deployment/routes, staging, and operating locations.

- Implementing conditions (defense condition, force protection, information condition, weather)

- Capabilities and limitations

Call 1st Lt. Carrie Kilaeski at 747-4505 or see your unit OPSEC monitor for details.

# Air Force announces change in enlisted high year tenure

**By Maj. John J. Thomas**

Air Force Personnel Center Public Affairs  
Randolph Air Force Base, Texas

Airmen serving in most enlisted ranks will now have an additional two years available to serve on active duty.

The change, effective Jan. 1 and approved by the Secretary of the Air Force recently, is part of an initiative to retain enlisted people's skills and experience, officials said.

Called the "High Year of Tenure," the policy provides that senior airmen will now be able to serve up to 12 years of total service; technical sergeants will be eligible to serve up to 24 years of service; master sergeants up to 26 years; and senior master sergeants up to 28. Staff sergeant (20 years) and chief master sergeant (30 years) limits are unchanged.

"Extending years in service will increase

our ability to adequately sustain a highly-skilled enlisted force and reduce experienced NCO shortages created by both the drawdown in the early 1990s, and lower retention trends for the past several years," said Chief Master Sergeant of the Air Force Gerald Murray.

Seen as a good option for most airmen, later HYT dates may affect the status of assignments, promotions, reenlistments and evaluations for thousands of enlisted members. In the next few months, some will face important decisions.

"No one will be forced to stay longer, but a lot of people will be able to – if it fits their plans," said Master Sgt. Mike Hall, superintendent of retirements here. "We encourage everyone near their high year of tenure to visit their local military personnel flight, especially those with planned or pending assignments, separations or retirements."

In the case of senior airmen, HYT dates will automatically be extended to 12 years, regardless of any scheduled separation date after Dec. 31. Those planning to leave the service in the near future may be allowed to continue to serve at their present duty location or be reassigned, based on Air Force needs, officials said.

Those airmen who have already spent government funds associated with a separation or retirement will be exempt from the changes, officials said. Typically that includes people who have already shipped household goods, a car, or if their families have already moved to a new location using government funds.

"This policy change gives the Air Force the flexibility to keep our experienced people longer. It's the right thing for the Air Force since we are a retention-based force," said Maj. Gen. John Spiegel, in charge of person-

nel policy at the Air Staff. "It should help us alleviate increased stress on some of our career fields and, at the same time, relieve some recruiting and training requirements."

"We have a pretty comprehensive set of instructions, but each case may be a little different. We understand that," Hall said. "It's best for everyone to be sure they understand how these changes will affect them personally."

For instance, the system will not automatically set a person's retirement date based on the high year of tenure," he said. "And although members' HYT dates will be extended, that will not automatically extend their projected DOS [dates of separation]."

The last revision of HYT dates was in 2001, according to officials. At that time maximum years of service for technical sergeants was increased from 20 to 22 years.



# ‘She gave so much in such a short period of time’

*Lieutenant honored in base memorial service, conference room named*

**By Staff Sgt. Randy Roughton**  
Public affairs

Family and friends came to remember 2nd Lt. Holly Adams’ smile, one that resembled a view of the sun bursting through the clouds.

They thought of her heart, the day-lifting electronic mail messages she sent to fellow 319th Mission Support Squadron members and her accomplishments in less than six months as Lt. Col. Victoria Bowens’ section command-

er/executive officer.

Even while those attending the Jan. 3 family memorial service at Prairie Rose Chapel were still in the ocean of pain that engulfed the squadron since the automobile accident Dec. 18, the emphasis was on remembering the life of a beloved junior officer.

Bowens, 319th MSS commander, made sure her lieutenant’s smile would remain in the command section by dedicating her conference room the 2nd Lt. Holly L. Adams Memorial Conference Room.

“This was a promise to Holly’s family that her memory would continue to live on,” Bowens said. “It came from the heart and was the right thing to do.

“She gave so much in such a short period of time that it felt only natural to honor her in this way. Each day when I walk out the door, I know she’s always here.”

Adams died in a wreck on I-29 near Hillsboro as she was driving to Minneapolis for a flight home for Christmas. The 23-year-old second lieutenant had made her presence felt in less than six months in the squadron. Not only did she oversee the MSS awards and decorations, safety and fitness programs, she also organized Bowens’ pro-



*Photo by Capt. Patricia Lang*

**This photo layout featuring 2nd Lt. Holly Adams, 319th Mission Support Squadron, was featured at the memorial service. Of note were photos from the Air Force Academy, where Adams served as the 2001 class president.**

motion ceremony, a squadron summer picnic, as well as a Thanksgiving potluck and Christmas party.

But it was the atmosphere she helped create in the orderly room, and her gentle, loving nature that will be mostly missed, said both her commander and those who worked for her.

“Lieutenant Adams made coming to work fun every day,” said Airman 1st Class Jessica Towry-Shumaker, 319th MSS customer service journeyman. “The commander wanted everything today to be first class because she was a first-class officer.”

In the conference room ribbon-cutting ceremony after the memorial service, Gerri Le Clair placed the plaque with her daughter’s name on the conference room door. Adams’ picture also hangs on the wall just above where Bowens sits during staff meetings.

“I was very touched when Colonel Bowens told us they were thinking about naming the conference room after Holly,” Le Clair said. “It made a special impression on me because I know the military is a huge part of our country, and this isn’t the only time someone has ever died.

“I think it’s a testament to how much Holly touched people’s lives. She was a very positive influence, and if that can be passed on and remembered, I think it’s surely a great honor.”

“The biggest thing we take the most pleasure in is her mother and fiancé were so touched by this,” said Tech. Sgt. Wade Young, 319th MSS training manager. “Our goal was to make this as special as we could for her mom, so she could tell how much we loved Holly.”

The squadron held its first memorial service the day after the accident, which Col. Barbara Chine, 319th Mission Support Group commander, called “the longest day and a half in most of our lives,” but honored Adams in another service that her family could attend Jan. 3.

“Holly had a lot of responsibility, which we entrusted to her daily,” Chine said. “She was in charge of what I think is most important, next to flying and fixing airplanes – the deployment line. This is a very important job in our Air Force, and she did it well.”

Bowens noted the sun shining through the window as she paid her own tribute to the young officer she called “my lieutenant.

“On the day she died, it was gloomy and snowing, but today the sun shines as we memorialize Holly,” Bowens said. “I think the sun will continue to shine in our hearts forever.

“As commander, you’re used to people moving on, but when they go on a permanent change of station, you expect to see them again. The hardest part is knowing we will never see Holly again. But she will never be forgotten.

“The Lord gave us this special gift and allowed her to grace us with her presence for five and a half months. And on 18 December 2002, he called her home, and said, ‘Daughter, well done.’”



*Photos by Capt. Patricia Lang*

**(Top photo) Gerri LeClair, mother of 2nd Lt. Holly Adams of the 319th Mission Support Squadron who died in a car accident Dec. 18 near Hillsboro, and her husband Ken, Adams’ stepfather, place the placard on the door to newly-named 2nd Lt. Holly Adams conference room Jan. 3 in Building 101. (Bottom) The LeClairs comfort each other after placing the placard bearing their deceased daughter’s name.**



# ‘Contagious kindness’ would be best legacy of Adams, mother says

By Staff Sgt. Randy Roughton  
Public affairs

Three times a year, 2nd Lt. Holly Adams placed a red rose on the grave of a friend, a Marine who died five years ago. The day her family buried her on a hill in a cemetery in Franklin, Tenn., Gerri LeClair placed a pink rose on the grave for her daughter.

A little more than two weeks after the automobile accident that killed the second of her four daughters, LeClair still feels like a person who has been dragged to the dark side of the moon and has come back to try to put the pieces back together. But the tears that scald and burn are also the tears that heal, and she hopes Adams’ friends will carry on her legacy of kindness and thoughtfulness. She can think of no better way to honor Adams’ memory.

“Several people have told me they were going to live their lives differently,” LeClair said. “I think a lot of people thought that after meeting Holly anyway, but this was a hard reminder for a lot of folks.

“But I think the greatest tribute would be if everyone would carry on the little sweet things she did, if everybody got a little more positive push out of knowing her. That would be the most wonderful tribute.”

Since Adams was in middle school, she kept a notebook filled with quotes

and anecdotes she found inspiring.

319th Mission Support Squadron members often benefited from her sense of humor by emails the MSS executive officer sent to give everyone’s day a little lift.

“I always wondered where on earth she got all the hours in the day to do the things she did – the little meaningful things she did for people,” LeClair said. “She felt very strongly that no little thing you can do for people is too small. You should take every opportunity to share kindness with someone.”

LeClair has already been comforted by people who have suffered similar tragedies, such as the mother of her daughter’s friend. She has already decided to do the same for anyone else who has to live with the nightmare she’s had to endure in the past three weeks.

“The easiest way to heal yourself is to help someone else,” she said. “There is no doubt in my mind that’s true.”

If Adams’ family can carry on her tradition of placing a rose on her friend’s grave in the midst of their unimaginable grief, LeClair hopes everyone who was touched by her daughter’s life can honor her by picking up where she left off.

Send a joke or inspiring words to people who could use a lift. Call someone who might be having a bad day. Or just do your part to make your office or shop a happier place to be.

As pleased as she was by the flowers and memorial board with photos of her daughter at her desk, a touching memorial service and a conference room that bears Adams’ name, LeClair thinks a contagious kindness would be the most perfect legacy.



**Gerri LeClair, mother of 2nd Lt. Holly Adams (below), said the greatest tribute to her daughter would be to carry on the “sweet things” the second lieutenant did for those around her.**



**2Lt. Holly L. Adams**  
**Memorial Conference Room**



# Carbon monoxide poses silent, deadly threat

By Master Sgt. Richard Lien  
Assistant fire chief

Colorless, odorless gas. Flu-like symptoms. Headaches.

These are just a few of the terms used to describe the symptoms of carbon monoxide, or CO poisoning. Although CO detectors were installed in all existing housing more than three years ago, many folks are still getting used to the detectors.

The fire department still responds to dozens of calls each year for both real and false carbon monoxide exposure. Since carbon monoxide is a by-product of combustion, we are curious about it's true source.

Is there a hidden fire somewhere? Is the furnace exhaust blocked? Is there a car running in the garage? These are some of the questions that responding firefighters try to answer.

In reality, only a handful of responses are actually related to a piece of equipment not working properly.

“The vast majority of calls are for a faulty CO detector, or inadvertently caused by the housing occupants,” said Jay Evett, fire inspector.

During this time of year, many occupants are tempted to run their vehicles in the garage to warm them up before driving. This is a dangerous practice. Not only does it increase your chances of having a garage fire, it also introduces CO into your home, if the garage is attached.

Master Sgt. Keith Jimmo, acting deputy fire chief, said, “Often times, families will pull the car in the garage, close the garage door, and then turn the car off. This is just as dangerous. It needs a chance to air-out. Prevention is up to you.”

If you are exposed to carbon monoxide, some of the early symptoms are non-

“Prevention  
is up to  
you.”  
Master Sgt.  
Keith Jimmo  
Acting deputy fire chief

specific, and include headaches (the most common complaint), dizziness, fatigue and nausea, according to the National Fire Protection Association. Shortness of breath with exertion, impaired judgment and visual changes occur at slightly higher levels.

These flu-like symptoms are also common to viral infections; however, if symptoms subside when away from your home and recur upon returning, CO may be suspect. Confusion, seizures, coma and death occur at extremely high levels in the blood.

The CO detectors in your home are set to alarm well below the level of CO that would normally cause any detectable symptoms. Although the detectors will alarm when CO is detected, it's important for all occupants to understand that smoking, humidity, temperature changes, and

some household products can occasionally produce false alarms.

If a CO detector alarms, but symptoms aren't present, it may be either a small CO leak or a false alarm.

If symptoms aren't present, we ask that folks open windows, shut off the furnace, and other potential CO sources and call housing maintenance at 594-9798, regardless of the time of day.

In these cases, there's no real need to evacuate the residence. If symptoms are present, people should evacuate the residence and call 911 immediately.

Firefighters will respond immediately and begin checking for leaks and assisting with first aid.

If abnormal carbon monoxide levels are detected, the experts from the 319th Medical Group bio-environmental engineering flight and housing maintenance will be contacted to help isolate the problem.

With everyone's help, we can prevent carbon monoxide poisoning on base.

**Don't Drink and Drive! Call Airmen Against Drunk Driving at 740-CARE (2273) for a free, safe, and confidential ride home. Open to military members, Department of Defense civilians, and their families.**



# Set some attainable goals for this year

By Staff Sgt. Scott T. Sturkol  
Public affairs

Do you want to quit smoking? Do you want to lose some weight? Do you want to go back to school?

The start of a new year often makes most of us think about how we want to take charge in the lives we lead. For me, it's something different every year.

This year, I'm taking another shot at stopping my smoking habit and I want to make things better for my family. I call these "new year goals" instead of "new year resolutions."

Why? Because if you set an attainable goal for yourself, then you have a better shot at getting higher on your own ladder of success.

Last year, my goal was to graduate from college. Result: goal attained. The year before, my goal was to get a pop-up camper for our family vacations. I not only attained that goal, but also was able to take my first-ever trip to Vermont that year.

This year my health and family affairs, which includes saving more money and spending more time with members, take top priority. I figure what good am I to anyone if I'm not taking care of myself the way I should.

Caring for my family — both spiritually and physically — is #1 on my list. When you're a military member, husband, dad, granddad, son, father-in-law and more, that's a lot of people counting on you to be there when they need you. I want to be there.

My old approach to new goals were to make up a bunch of unattainable, unrealistic goals and forget them by Jan. 2. Now, as I've gotten older and wiser (depending on whom you ask), I think it's time to be more responsible and sensible.

To stop smoking, that's a no-brainer. The health benefits far outweigh the escape a person gets from it or any other excuse a smoker will use to keep smoking. I'm already at a point where it's more of a nuisance habit.

I don't go to places where people smoke indoors. Quite frankly, I'm just tired of having more severe colds than nonsmokers and I really, really don't like the message it sends to my children.

The time and money I'll save by not smoking will go toward saving and family activities.

Each one of my family members — from my wife to all three of my kids — needs individual time with me and I hate depriving them of any of that.

I'm also thinking about our family's future. In less than three years, we'll have another teenager in the house and those of you with teenagers out there know exactly what I'm talking about.

I need to put more money aside for college and I want to get our family more financially secure before the next new year rolls around.

I can tell you that next year I will have attained most if not all of my goals because I know they are very reachable. I'm trying to be smart about what I need to do. I hope the rest of you feel the same about what you need to do.

Set some goals, stick to them and my guess is you'll be happier because of it.



# Achieve success with new year's resolutions

Determined that this year you'll keep those New Year's resolutions? Following are a few goal setting tips to get you started!

## Don't try everything at once!

There's a temptation, with the New Year, to run off a list of everything we've ever wanted to change.

Don't fall for it! You'll have better luck fulfilling one or two goals than you will with a list of 50. You can always add new resolutions to your list later. Take one thing at a time.

## Word it carefully

Let's say your resolution is to relax more in the coming year. Word this carefully. Try not to think of it as "This year I am going to relax." That's a stress-inducer waiting to happen. It forces you into thinking of the resolution as something you must do, not something you want to do. Try to make it sound a little gentler: "This year I'm going to explore different ways of relaxing." It also suggests more of a plan—you'll fulfill the resolution by experimenting with relaxation techniques. The first resolution sounds as if you're going to force yourself to relax by sheer willpower.

*Somehow, mom's fruitcake and triple-thick rum eggnog have made your backside three sizes bigger. You panic. But when you start your New Year's diet,*

# Just remember ... Fad is bad

By Master Sgt. Louis A. Arana-Barradas  
American Forces Press Service

The Y2K bug was a worry a couple of years ago.

But many are now terrified of its cousin, the dreaded Y2L. That, for those of you who don't know, stands for "you're 2 large."

When they took their first bite of Thanksgiving turkey, a lot of folks joined the holiday munch-a-thon. After all, it's the last one this century.

So, until they down the last drop of rum-spiked eggnog on New Year's Eve, everything's fair game: pumpkin pie, mashed potatoes, gravy, stuffing, cranberry sauce, ham, yams, fruitcake, nuts, cookies,

candy, wine and spirits — you name it.

But in the new year, people regret they binged like revelers at a Roman party. Their thighs will look like cottage cheese in a mesh bag. Their bellies will droop with the ugly "done-lapped-over-the-belt disease."

Of course, their first thought is of how they're going to lose all the weight they gained? In their haste to shed the pounds, many people figure the only choice is trying one of those fad diets that everyone is talking about, and fast. That's the ticket, right?

Wrong. Fad diets can be a quick ticket to trouble, said 1st Lt. Lisa Tauai, a registered dietitian at Wilford Hall Medical Center, Lackland Air Force Base, Texas.

## Common resolutions

- Exercise
- Get in shape
- Help medical science
- Smile more
- Change careers
- Quit smoking
- Get a life
- Feeling guilty
- Save money
- Make more money
- Increase productivity
- Go back to school
- Be happy
- Honesty
- Lose weight
- Eat better
- Relax more
- Healthy lifestyle
- Get more sleep
- Get a new job
- Stress management
- Get organized

## Make a plan

Once you know what your resolution is, try to break it down. Nobody accomplishes anything of significance by trying to do it all at once. This doesn't have to be a complicated plan; just brainstorm enough to give you a place to start.

For relaxing, you might devise a plan like this:

- 1) Surf the Internet to find different relaxation techniques.
- 2) Make a list of all the techniques that interest you.
- 3) Pick one of these techniques — meditation, progressive relaxation or self-hypnosis, for instance—and try one for a month.
- 4) Try a different technique every month until you find one you like.

## Write it down

Write down your resolution and your plan of action. Stick it up on the fridge, in your locker, wherever you know you'll see it. That way you'll have a constant reminder of the resolution.

You may want to change the wording as time passes and your goal changes.

Source: <http://www.how-to-keep-your-new-years-resolution.com>

# On the new year's deployment front

## More U.S. service members heading toward gulf region

By Jim Garamone  
American Forces Press Service

WASHINGTON — Thousands of American service members are deploying to the U.S. Central Command area of operations.

The largest deployment is that of the Army's 16,500-man 3rd Infantry Division to Kuwait.

The division's 2nd Brigade is already in Kuwait. The 3rd Brigade, based at Fort Benning, Ga., flies out this week for Southwest Asia. The 1st Brigade, based at Fort Stewart, Ga., aviation assets and other support elements will follow later this month.

The Army troops will draw pre-positioned equipment in the region and be ready for any eventuality, officials said. Certain division assets must be shipped to the region, however. Helicopters and certain other pieces of equipment will be shipped from Georgia and South Carolina, officials said.

Some 3,500 sailors and Marines of the Tarawa Amphibious Ready Group left San Diego Jan. 6. The 15th Marine Expeditionary Unit will join almost 1,000 members of the 1st Marine Expeditionary Force already in the region. The amphibious assault ship USS Tarawa and the dock landing ships USS Mount Vernon and USS Rushmore form the group.

The Air Force is also deploying personnel and aircraft to the region. Some base officials would release the numbers of personnel involved in the deployments,

while others would say only the types of aircraft deploying.

About 400 airmen from the 1st Fighter Wing at Langley Air Force Base, Va., will deploy with F-15Cs.

Moody Air Force Base, S.C., is deploying HH-60 helicopters and C-130 airlifters to the region.

The 4th Fighter Wing of Seymour Johnson Air Force Base, N.C., will deploy with F-15Es to Southwest Asia.

About 100 airmen from Nellis Air Force Base, Nev., will deploy with 15th Reconnaissance Squadron (Predator unmanned aerial vehicles), the 58th Rescue Squadron and the 66th Rescue Squadron.

The 28th Bomb Wing at Ellsworth Air Force Base, S.D., will deploy about half its B-1B bombers and "500-plus people" beginning this week.

Joint Surveillance Target Attack Radar System aircraft from Robins Air Force Base, Ga., will deploy to the region, as will F-16CJ "Wild Weasels" from the 52nd Fighter Wing at Spangdahlem Air Base, Germany.

Special operations aircraft, such as AC-130 gunships, MC-130 Combat Talons and MH-53 helicopters, will deploy from Hurlburt Field, Fla.

In addition, KC-10 and KC-135 tankers, including those from Grand Forks Air Force Base, will support the effort, Air Force officials said.

More deployment announcements are expected, said DOD officials.

In action: Latest photos of deployed Warriors of the North



Courtesy photo  
Second Lt. Rogers Gardner II, Lt. Col. Eddie Douglas, and 1st Lt. Michelle Scott, serve a holiday meal for a deployed member at Base Y over the holidays.



Courtesy photo  
Capt. Robert Champion, KC-135R Stratotanker pilot, takes time out during a recent mission at Base Y.



Courtesy photo  
Airman 1st Class Michael Martinez, boom operator readies for a mission from Base Y.



Courtesy photo



# Martin Luther King embodies leadership, nonviolence

**By Senior Master Sgt. Michael A. James**  
319th Logistics Readiness Squadron



Wednesday marks the 74th anniversary of the birth of Dr. (Rev.) Martin Luther King Jr. Doctor King was a leader with enormous vision, courage and determination that set an example all societies should strive to achieve.

He was a visionary man who within a span of 13 years did something that changed the way America viewed and treated a portion of its citizens. His actions enabled America to be the great democratic society it is today, one other nations wish to emulate.

Not being a scholar on Dr. King's legacy, I will not try to relay the story of his life or accomplishments. Most people have become familiar with the story of this great man from the many television specials, articles and memorials.

I will focus on Dr. King's leadership and how it has shaped our society and our leadership philosophies today.

Dr. King's ability to lead was partially based on his personal charisma and inspiration, which he used to forge a vision that has long outlived him. His leadership style invoked emotions and gave people a sense of direction and expectations.

Dr. King relied on six principles in his pursuit of nonviolent change:

1. **Nonviolence is not for cowards.**
2. **The beloved community is a world of peace and justice.**
3. **Attack injustice, not the person doing unjust deeds.**
4. **Accept suffering without retaliation for the sake of the cause to achieve a goal.**
5. **Avoid internal violence of the spirit as well as external physical violence.**
6. **The universe is on the side of justice.**

Along with these six principles of non-violent change are six steps or characteristics he felt had to be followed for an individual to achieve nonviolence.

While reading the six steps of nonviolence, I noticed these step closely mirrored parts of the Air Force's philosophy on leadership. We may not always realize it, but we are all leaders in one form or another.

**The first step in successfully achieving a nonviolent outcome is information gathering.** Doctor King believed in the fact-finding process. He listened and respected the opinions of other people, whether they were poor, uneducated or a different race. In correlation, we as military leaders must ensure we gather all the facts that relate to the person, place or situation. We must be informed and ready to

invoke our unbiased opinions to do what is just.

**The second step is education.** Dr. King used all available communication and media to educate and inform the public about the issues or injustices at hand. We as leaders must also continually educate ourselves. As we gain and pass on our knowledge, we can help our troops to realize their ability to affect change and teach them the ability to adapt to unique situations. We are the ones who develop our peers and subordinates.

**The third step states, we must have is personal commitment.** Dr. King thought you must perform a self-examination to ensure you are not a perpetuator of the problem, unjust situation or one who has failed to use the nonviolent approach. You must develop spiritual and intellectual habits that foster nonviolence — personal commitment. Air Force leaders must also have a personal commitment to the Air Force and their organizational goals and possess the ability to relay their dedication and loyalty to subordinates, even daily, while also developing the leadership skills needed to help build better relationships across our military.

**The fourth step is negotiation.** Doctor King stressed the importance of learning about your opponents. Nonviolence allows your opponent to save face resulting in joint responsibility in correcting the problem. Air Force leaders should be able to work and communicate with peers through negotiation to ensure they continue to keep mission accomplishment at the forefront of any challenges. This focus allows us to set the example for our future.

**The fifth step consists of direct action.** In this step, Dr. King asks you to take responsibility for doing something about the situation and not waiting for someone else to do it, and to take direct action when all attempts at education, personal commitment and negotiation have failed to resolve the problem. As leaders, we can set the example by using all avenues to take care of our subordinates. We should exhaust all means to correct injustices and to also mitigate infractions. During this process, we must remain mindful of the value of our chain of command system.

**The sixth and final step is reconciliation.** Dr. King believed we should focus not on persons, but on conditions, and if the issues remain clear throughout the process, reconciliation will facilitate the feeling of joint accomplishment and enhance acceptance of the change. As leaders, we cannot harbor resentment toward an individual, but should continually focus on the issues at hand (the big picture) and guide our troops in that direction.

## King memorial service

The base Dr. Martin Luther King Jr. memorial service is 8 to 10 a.m. today in the Prairie Rose Chapel.

# Community

## Today

**SMOOTH MOVE SEMINAR:** This relocation seminar, set for today from 8:30 a.m. to noon, assists military members and their families in preparing to move. Speakers include: traffic management office, legal, TRICARE, special needs identification and assessment coordination, finance, military equal opportunity, family support center, family housing office and the veterinarian office. Call 747-3241 to sign up or for more details.

**THE CLUB:** Come out to The Club tonight from 5:30 to 8 p.m. for Mongolian BBQ, this takes the place of Frontier Grill tonight. Call 747-3392 for more information.

**TEENSUPREME MEETING:** Happens every Friday for ages 14 to 18 from 9 to 10 p.m. in Liberty Square Teen Center. For details call the youth center 747-3150.

**FRIDAYS AT LIBERTY SQUARE:** Open skating at Liberty Square is tonight for ages 6 to 18 from 6 to 10 p.m. The cost is only \$3 for admission and \$2 for skate rental!

The Teen Center at Liberty Square will be open tonight for ages 13 to 18 from 6 to 11 p.m.

**DANCING AT THE CLUB:** Come out to the Club tonight from 10 p.m. to 3 a.m. and dance to “club mix” music with “DJ ‘C.’”

## Saturday

**QUILT CLASS:** There will be a stained glass snowflake quilt class from 10 a.m. to 1 p.m. Monday and Jan. 27 in the skills development center. Cost is \$15 plus materials. Pre-registration and pre-payment are required for all classes offered by the SDC. Call 747-3482 for details.

**KARAOKE AT THE CLUB:** Come out to the Club tonight from 10 p.m. to 3 a.m. for karaoke!

## Sunday

**FOOTBALL FRENZY:** Join the Club for

"Football Frenzy" every Sunday at noon. NFL Sunday Ticket is available with a total of four games on at one time!

## Monday

**TORCH CLUB MEETING:** The youth center holds a meeting every Monday for ages 11 to 13 from 6 to 7 p.m. Call 747-3150 for details.

**CANDY BINGO:** Held every Monday for ages 6 to 12 from 5:30 to 6:30 p.m. in the youth center.

## Tuesday

**TEEN PIZZA PARTY:** Sign up by today for the teen pizza party Jan. 18 at 8:30 p.m. in the youth center. Make your own pizza, enjoy music, movies and have lots of fun! Cost is \$5. Call the youth center at 747-3150 to sign up.

**TOURNAMENT TUESDAYS:** Come by the youth center to participate in tournament Tuesdays. This activity is for ages 13 to 18 at 7 p.m. every Tuesday. The tournament for today is foosball.

## Wednesday

**FAMILY READINESS-PERSONAL PREPAREDNESS SEMINAR:** This seminar, for individuals and family members preparing for a TDY/remote assignment, is Wednesday from 2 to 3:30 p.m. in the family support center. This is a pre-deployment briefing requirement and is offered every Wednesday except holidays. Call 747-3241 for details or to sign up.

**BASE TALENT SHOW REGISTRATION:** The base talent show is March 22 in the community activities center. The last day for registration to participate is today! All participants must register at the youth center and attend all meetings related to the competition. First meeting is today at 5:30 p.m. in the youth center. Second meeting is Feb. 19 at 5:30 p.m. in the youth center. Call the youth center at 747-3150 for details on performance categories and other information.



Photo by Capt. Patricia Lang

## ‘Here you go bro’

An older brother helps his younger sibling with a bite of dinner during a holiday dinner for families of deployed members Dec. 21 at the Prairie Rose chapel. The annual dinner held by the base chapel staff. More than 50 people attended.

**PARENT ADVISORY MEETING:** There is a parent advisory meeting today at 4:15 p.m. in the child development center. The speaker is Kelly Painter and the topic is, “What is T.V. doing for our child?” Call 747-3042 for details.

**ARTS & CRAFTS NIGHT:** Be creative and join your friends in the youth center tonight at 5:30 p.m. for ages 6 to 12 and 7:30 p.m. for ages 13 to 18. This activity is FREE!

## Thursday

**FIRST DUTY STATION PFMP:** This financial management training, set for 8:30 a.m. to noon in the family support center, is required for all first duty station personnel. The training is scheduled by the members’ unit or the FTAC. Offered every other Thursday. Call 747-3241 for details.

**RESUME WRITING SEMINAR:** This seminar, set for Thursday from 9 a.m. to noon in the family support center, covers formats and contents of a quality private sector resume. Start preparing for your future now. Call 747-6435 for details or to sign up.

**JENNIFER "SPUNKY" SPENDER:** Join the youth center tonight at 6 p.m. at Liberty Square in recognizing the recipient for the Jennifer "Spunky" Spender Sportsmanship Award. All other potential recipients will be recognized as award finalists also. This event is open to the base. Call the youth center at 747-3150 for details.

**BAGEL BASKET WORKSHOP:** There is a bagel basket workshop Jan. 18 from 1 to 4 p.m. in the skills development center. Cost is \$20 plus kit of materials. Pre-registration and pre-payment are required for all classes offered by the SDC. Call 747-3482 for details.

**\$1 LUNCH DAY:** Members come out to The Club at lunch today from 11 a.m. to 1 p.m. spend only \$1! They will be serving meatloaf.

**TEEN STUDY GROUP:** Happens every Thursday in the youth center for ages 13 to 18

from 7 to 8 p.m.

## Upcoming

**SUPER SUNDAY BRUNCH:** The Club is having their next Super Sunday Brunch on Jan. 19 from 10:30 a.m. to 1:30 p.m. Come and enjoy two meats, biscuits and gravy, eggs, fruit, waffles, omelets and more! The next Sunday Brunch will be Feb. 2.

**ARMED SERVICES 2003 YMCA ART CONTEST:** This ninth annual art contest is in support of “Military Family Month” and sponsored by Armed Services YMCA. Students in kindergarten through sixth grade who are children of military families can enter. Thirteen savings bonds will be awarded. Entries must be turned in to the youth center by Jan. 20. Call the youth center at 747-3150 for complete rules and regulations.

**SDC CLOSED ON MLK DAY:** The skills development center will be closed Jan. 20 for Martin Luther King, Jr.’s birthday.

**SLEDDING TRIP:** Sign up at the Youth Center by Jan. 21 for the Jan. 25 Turtle River sledding trip at Turtle River State Park. The event is for ages 13 to 18; cost is \$3; and youth must bring their own sled. Departs from the youth center at 12:30 p.m. and returns at 3:30 p.m. A parent permission slip is required. Call 747-3150 for details.

**FAST EDDIE'S:** This coffee shop will continue serving the “holiday” coffees until their supplies run out. Call 747-6201 for details.

**TAKE TIME FOR YOURSELF AND RELAX:** The community activities center now offers a new service. They have contracted a massage therapist who will be available Wednesday and Thursday evenings and Friday mornings. Fees are \$25 for a half-hour session and \$50 for one-hour session. To schedule an appointment, call the community activities center at 747-6104.

## Helping our own

**Master Sgt. Scott Fuller (left), First Sergeant's Group president accepts a \$750 check from Emerado/Arvilla Lion's Club member Jim Johnson along with Senior Master Sgt. Victor Rountree (right), Operation Warmheart co-chairman. In addition, the Wing Top-3 raised more than \$3,000 to support Operation Warmheart. All proceeds collected helped 94 base families.**





## Community Calendar on the Web!



Just go to <http://www.gf-services.com>, click on the apple, and you'll find a complete base community calendar featuring dates and events from all around base.

### Upcoming

**FREE EXTENDED DUTY CHILD CARE ELIGIBILITY:** Air Force people returning from overseas deployments supporting Operation Enduring Freedom and working extended hours may be eligible for free child-care.

The Extended Duty Child Care Program assists military families working extended hours by increasing the hours of care available in Air Force-licensed family child care homes.

This program provides services beyond the standard 50 hours of care that families are already purchasing in child care programs on or off base. This care is provided free of charge in contracted family childcare homes on base.

Parents should contact the family child care office at 747-3158 for details on availability and eligibility requirements.

**INSTRUMENT INSTRUCTORS:** The youth center is looking for a piano and a guitar instructor; both are for instrumental and orchestra instruments. If interested, call 747-3150.

**NEW BOOK PRESENTATION AT THE BASE LIBRARY:** This presentation is Jan. 21 at 7:30 p.m. in the base library.

Dr. Mitzi Brunsdale, chair of the English department at Mayville State University, will present the book "Killer Angels," written by Michael Shaara. This book is on the chief of staff reading list. Brunsdale was a personal friend of Michael Shaara.

This presentation will be a great opportunity to learn about a great author and ask questions about a place and time in our history.

Brunsdale has been a book reviewer for Publishers Weekly for 17 years.

There will be a light lunch offered too just cookies and coffee. Plenty of time for questions and answers too.

Call the library at 747-3046 for details.

**2003 YOUTH OF THE YEAR:** We have to find a youth to represent Grand Forks Air Force Base in the state competition, to be held March 29 in Newtown, N.D. There are specific requirements that have to be followed, but also adjustments that can be made.

Call 747-3150 for details.

### No horsin' around here

Horses, owned by base people, graze at the base stables in late December. People who own horses may keep them at the base stables. For details, call outdoor recreation at 747-3688.



Photo by Staff Sgt. Scott T. Sturkol

## Shorts

**TWINS WINTER CARAVAN:** The Minnesota Twins Winter Caravan is stopping on base Wednesday from 9:30 to 10:30 a.m. The caravan will be visiting Twining Elementary and Middle School from 9:30 to 10 a.m., from there they will do walk-through at least two military units (most likely Buildings 101 and 607). People who want to meet with the caravan are encouraged to go to Twining for their first stop. Call Staff Sgt. Scott Sturkol at 747-5017 for details.

**OPEN SOCCER PRACTICE:** Get into shape in this new year by playing soccer. The base varsity soccer team is holding open practice Tuesday and Thursday at 5 p.m. in preparation for the upcoming indoor soccer season in February. The practices will be at indoor soccer arena located at the fitness center's field house. Call 1st Lt. Rob Lazaro at 747-5015 for details.

**BASE SNOWMOBILE TRAIL:** The base snowmobile trail system is now closed. For details call Tech. Sgt. Thomas Sternemann at 747-5677.

**FREE UND WOMEN'S HOCKEY:** University of North Dakota offers women's hockey games at Engelstad Arena free to air-men and their families.

Bring military identification cards to the following games, and admission is free.

### Today

Quinnipiac (Olympic ice) vs. UND, 5 p.m.

### Saturday

Quinnipiac (Olympic ice) vs. UND, noon

### Feb. 8

St. Lawrence vs. UND, 2:05 p.m.

### Feb. 9

St. Lawrence vs. UND, 2:05 p.m.

### Feb. 23

University of Winnipeg vs. UND, 2:05 p.m.

For details check out [www.fighting-sioux.com](http://www.fighting-sioux.com) or [www.theralph.com](http://www.theralph.com).

**RED, WHITE, AND BLUE WEEK-END:** Bemidji State University takes on the United States Air Force Academy 7:05 p.m. Jan. 24 at John Glas Field House, Bemidji State University.

Tickets are half price for all military personnel and family members, I.D. appreciated. Half-priced reserved seating will be available in Section C for \$6; and half-priced general admission seating will be available in Section B for \$5. The parents and family of the Air Force Academy Cadets will also be in Section B. A special block of reserved and general admission tickets will be held at the ticket table in the lobby of the John Glas Field House exclusively for base members.

Col. Keye Sabol, 319th Air Refueling Wing commander will perform the ceremonial puck drop to officially start the game.

**SKI AND GO TO AIR FORCE ACAD-**

**EMY HOCKEY GAME:** Outdoor recreation is offering two packages to the Air Force Academy vs. Bemidji State hockey game, Jan. 24 and 25.

► **Package #1:** Features round-trip transportation to the Friday night hockey game Jan. 24. Departs outdoor recreation by 4 p.m. and will arrive at hockey arena at 6:30 p.m. After the game, depart and return to the base. Cost is adult \$21 and children \$16. Sign up for this package by noon Jan. 23.

► **Package #2:** Features round-trip transportation to the Friday night hockey game and one day of skiing on Saturday at Buena Vista. Depart outdoor recreation at 3 p.m. and arrive for check-in at the AmericInn. Depart there and arrive at hockey game at 6:30 p.m. Skiing Saturday will be from 10 a.m. to 5 p.m. Cost is for transportation, lodging, lift ticket, hockey ticket and ski rental; adult, \$140, couples, \$210, and children, \$40. Sign up for this package is Jan. 22.

Call 747-3688 for details.

**ICE FISHING, SKI TRIPS:** Outdoor recreation has upcoming ice-fishing trips scheduled for Jan. 18 and 25. Cost is \$15 single, \$25 couple, \$35 family (3 to 4, \$10 each for extra family members). Departure for these dates will be from outdoor recreation; times will depend on location of trip. Sign up at least one-day. Call 747-3688 for more information.

Join outdoor recreation every Saturday from now until the end of March on a ski trip! The next trips will be to Andes Tower, Saturday; Holiday Mountain, Jan 18; and Frost Fire, Jan. 25. Sign up at least one-day prior. Call 747-3688 to sign up or for details.

**SKATE GUARD TRAINING:** The youth center is having skate guard training at Liberty Square today at 5 p.m. All new and old skate guards need to attend this training. For details call Sally Fuller at 747-3151.

**YOUTH GALAXY BOWLING:** This is held Saturdays at Dakota Lanes for ages 9 to 12 from 6 to 8 p.m. and ages 13 to 15 from 8 to 10 p.m. Cost is \$2.50 per hour and 75 cents for shoe rental. Need 10 people to hold event. Youths must sign up at the youth center to attend.

### OUTDOOR RECREATION:

► **ND hunter education and safety:** These classes have no set dates yet, but are upcoming. They will be offered at ODR from 6 p.m. to 8 p.m. in January. The class is required by law if you were born after Dec. 31, 1961, and want to hunt in North Dakota.

► **Ice fishing equipment:** Let ODR supply all your ice-fishing needs. They have two- and four-person Frabill portable ice shanties, 10-inch Jiffy ice augers, portable sunflower-type propane heaters and assorted ice fishing equipment.

# Base member selected for Special Olympics task force

David Schultheis, 319th Logistics Readiness Squadron quality assurance evaluator, was recently selected to be a member of the U.S. Task Force for the Special Olympics Unified Sports Committee.

Schultheis has been a volunteer with Special Olympics for more than 10 years.

Schultheis is one of nine individuals throughout the United States who will assist in an ongoing analysis of the Unified Sports concept. The goals of the Task Force are to standardize sports rules and to make certain that Unified Sports competitions are meaningful and inclusive.

Being involved in Special Olympics athletes' lives is something that gives Schultheis great pride.

In one case, he was able to make a great difference in an athlete's life. An active blood donor, Schultheis discovered that

the athlete's father needed platelets to fight leukemia, and immediately offered to donate.

Schultheis was able to donate the life-giving platelets for the athlete's father.

"We just never know how we will all touch each others' lives," Schultheis said.

"Being there not only for the athlete, but also for the entire family was very special."

In addition to the U.S. Task Force, Schultheis has received

or been nominated for several awards and honors for coaching and community service, including Special Olympics North Dakota Coach of the Year in 1997, the Martin Luther King Award in 1999 for service to the community, and is a member of the 22-Gallon Club for donating over 22 gallons of blood to the Dak-Minn Blood Bank.

Source: Special Olympics news release



**Special Olympics**

## Game and Fish lists season opening dates

To help North Dakota hunters prepare for the 2003 hunting seasons, the North Dakota Game and Fish Department annually provides its best estimate for opening dates for the coming year.

Dates become official when approved by governor's proclamation. Tentative opening dates for 2003 include:

(\* Denotes "depending upon final federal framework.")

► Spring light goose, **March 1**  
 ► Spring crow, **March 15**  
 ► Fishing, **April 1**  
 ► Spring turkey, **April 12**  
 ► Paddlefish snagging, **May 1**  
 ► Fall crow, **Aug. 16**  
 ► Deer and pronghorn archery, **Aug. 29**

► Mourning dove, **Sept. 1**  
 ► Early Canada goose, **Sept. 1**  
 ► Sharptail, hun, ruffed grouse and squirrel, **Sept. 13**



► Sage grouse, **Sept. 15**  
 ► Youth deer, **Sept. 19**  
 ► Sandhill crane, **Sept. 20**  
 ► Youth waterfowl, **\*Sept. 20 or Sept. 27**

► Ducks and geese, **\*Sept. 27 or Oct. 4**

► Pronghorn gun, **Oct. 3**  
 ► Fall turkey, **Oct. 11**  
 ► Pheasant, **Oct. 11**  
 ► Mink, muskrat, and weasel trapping, **Oct. 25**

► Deer gun, **Nov. 7**  
 ► Muzzleloader deer, **Nov. 28**

Source: North Dakota Game and Fish Department news release